



Where The Land, Food, and People Come Together!

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Distribution Week #20

## Field Walk...

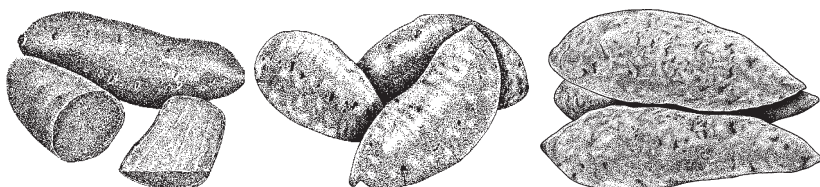
If there is one thing that we have learned this season, it is the hardiness and perseverance of plants. Often times, the best thing to do for a plant is nothing! And that is exactly what we did to the sweet potatoes after planting them at the end of May. Tucked in the back corner of the field (next to the failed attempt at growing artichokes), Segue and I pretty much left them to do their thing all season, with only minimal weeding at the beginning and a little bone meal and alfalfa meal a month in. We watched as the vines sprawled horizontally and watched also as the weed reached vertically. We also worried during our hot and dry August when we never dripped the poor plants because there was so much else to water. We would consider it a lucky break if we had any sweet potatoes after such little attention.

Well, luck has been on our side in more ways than one this year--and the sweet potatoes are no different. A week ago, Segue and I set out to that abandoned corner of the field with pitch fork in hand to see what we could find. Maybe a few small sweet potatoes here and there? Maybe nothing at all? Or maybe sweet potatoes the size of footballs! After the first dig yielded such a break, we thought, okay this is just going to be the first part of the first bed; not all the beds are going to be this way....Wrong again; after digging in the middle, at the end, all the way to the right and left--we were left with an astonishing realization that we are going to have a bumper harvest! Thank goodness! Here's why...

If you could eat only one vegetable for the rest of your life (one that you actually enjoyed, anyway--kale, of course is the best vegetable ever!), the sweet potato would be it. It is the superfood of superfoods and ranks as one of the most nutritionally complete vegetables.

Sweet potato plants love hot weather, so they flourish here. The lovely vines are heart shaped and trail beautifully--a sweet potato patch is a gorgeous mass of green valentines--good for your heart!

Enjoy the harvest, Amy & Segue



Our Best Guess for what's in your Share:  
eggplant, onions, salad mix, bok choy, swiss chard,  
collard greens, and...

**Sweet Potatoes:** We grow ours from slips (plants) from Tennessee and then out in the field in late May for the entire summer--they size up in mid-August through September and are now ready to harvest. Some of our potatoes are HUGE!! Try them baked, or make sweet potato pie (see recipe on the back). They will store in a paper bag in a cool part of your kitchen for months. Regardless of size, they are all sweet, tender, and plentiful. We will have these beauties for the rest of the season.

**Golden Turnips:** this is an heirloom variety of turnip prized for its nutty taste and soft, silky texture. Great in stews, roasted, au gratin, or mashed. Greens are edible as well!

Coming Soon!

head lettuce, spinach, beets, pumpkins

What's For Dinner: Spicy African Vegetable Stew  
from "Goin' Wild in the Kitchen" by Leslie Cerier

1 qt water  
2 cups cooked chickpeas  
1 T olive oil  
6 cloves of garlic  
1/2 tsp chili pepper flakes  
1 c coarsley chopped onions  
1/2 c coarsley chopped carrots  
2 1/2 c coarsley chopped, unpeeled sweet potatoes  
1/2 cup turnips  
1 tsp tumeric  
3 c coarsley chopped greens (kale, collards, chard are great!)  
2 T dried basil  
1 tsp salt

Bring the water, chickpeas to a boil in a stockpot. Reduce heat to medium-low, cover, and simmer for 10 minutes. While the chickpeas simmer, heat the oil in a skillet, add the garlic, chili flakes, onions, carrots, turnips, and saute for 5 minutes or until onions soften. Transfer sauteed vegetables to the stockpot along with the sweet potatoes and tumeric. Simmer covered for 20 minutes. Add the greens and continue to simmer 10-15 minutes. Stir in the basil and salt. Serve over rice, couscous, or quinoa. Serves 4-6.

## Important Dates!!

\*Our **Harvest Dinner** has been moved to **November 11th, Sunday, at 4:30PM** at the historic **Farley Music Hall in Elsau!** This is a potluck celebrating the end of our first season, so please bring a dish to feed 5, plus plates, utensils. Drinks will be provided as well as a **slide show** and a special activity commemorating our first year! Also, we will be **selling** our farm-raised **pork** after the party (more info about this in October).

\***Renewals for 2008** will begin the first week of October (you will receive a form either in the mail or at the farm giving the full details!)

\***Distribution** goes through **November 16th!**

\***St. Louis members** please pick up promptly at your distribution site between 2-7 PM. If you know you are going to be late please call your site coordinator. If you need to reschedule a week or you need a break from all the veggies, call the farm and we can change your week or donate your produce to our local food pantry. **And please remember to break down and return your box.**

\***On-farm members**, pick up is Tuesday and Friday only, from 2-7 PM. You can come either day!



## What's For Dessert?: Sweet Potato Pie

a recipe from Brookfield Farm, in Amherst MA

1/2 lb or 2 cups cooked, mashed sweet potato  
3 T melted butter  
1/4 cup maple syrup or 1/2 cup sugar  
3/4 tsp cinnamon  
1/4 tsp cloves  
1/2 tsp nutmeg (or less)  
3 eggs  
3/4-1 cup milk

Crust  
for 1 9" pie shell  
1 1/2 cups flour  
1/4 tsp salt  
1/2 cup butter  
3-4 T cold water

Pour sweet potato mixture into pie shell and bake at 350 degrees for 1 hour or until set. Serve with real whip cream or ice cream!

